

Misery

拍數: 32 牆數: 2 級數: Beginner
編舞者: Teri Rogers (USA) - November 2015
音樂: Misery - Maroon 5



Kick Right Foot Front, Side, Behind Side Front, Kick-Ball-Change x2

1-2 Kick R Foot Front, Side
3&4 Step R Foot behind L, Step L Foot to left side, Step R in across in front of L
5&6 Kick L forward, Step on ball of left foot, change weight to R
7&8 Kick L forward, Step on ball of left foot, change weight to R

Kick Left Front, Side, Behind Side Front, Kick-Ball-Change x2

1-2 Kick L Foot Front, Side
3&4 Step L Foot behind R, Step R Foot to right side, Step L in across in front of R
5&6 Kick R forward, Step on ball of right foot, change weight to L
7&8 Kick R forward, Step on ball of right foot, change weight to L

Step Forward, clap, ball step, ball step, Step forward, Turn ½ , shuffle forward

1-2 Step Forward on R, Clap
&3&4 Step on the ball of L, step forward on R, Step on the ball of L, step forward on R,
5-6 Step forward on L, Turn ½ R and step forward on R
7&8 Shuffle forward L-R-L

Step right, clap, rock back Recover on R, Step Forward on L, heel switches R & L

1-2 Step R to right side, clap
&3&4 Rock back on L, Recover forward on R, Step L next to R, Touch R next to L
5-6 Touch R heel forward, Step R next to L
7-8 Touch L heel forward, Step L next to R.

Begin Again
